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RICHMOND PROGRESS

"The Friendly Newspaper That Dares to Tell The Truth"

Democratic, a Newspaper that stands solidly behind President Roosevelt and the New Deal

SIXTH YEAR | Richmond, California, Monday July 25th 1938 | NUMBER TWENTY-FOUR

Democrats Resent Earl Warren Candidacy

BRENNAN WITHDRAWS IN ATTY. GEN. RACE

San Francisco Candidate Supports Sen. McAdoo; Murphy, Gov.

In a Democratic state party organization which is definitely taking form this year, James F. Brennan of San Francisco had this week proved to be one of the heroes of California Democracy. Reason:

"I am convinced," Brennan said, "that I can best serve the cause of Democracy by following the lead of Democratic organizations of San Francisco and elsewhere by advocating the nomination and election of William Gibbs McAdoo for United States senator and Daniel C. Murphy for Governor on the Democratic ticket."

Withdraws from Race

By unselfishly announcing his withdrawal from the race for Attorney General Mr. Brennan has made a potent move towards solidifying a Democratic slate of candidates which will win in the California elections this year.

Not unexpected was Brennan's espousal of Sheriff Dan Murphy's cause in the gubernatorial battle. Practically all of San Francisco is a unit behind the Sheriff and it is confidently anticipated that, having carried every precinct in the city and county of San Francisco during the battle for sheriff some years ago, Murphy will come out of San Francisco with 40,000 to 50,000 votes majority over other gubernatorial candidates.

To those who have felt that these would be all the votes that Murphy would get, his friends point to the solid backing of the American Federation of Labor, by its endorsement, and to thousands of workers in the Committee for Industrial Organization who know Murphy for his 100 per cent labor record. This support is state wide.

Situation in South

Down south, in L. A., the various Democratic candidates for governor seem to be in a free-for-all and at present strong support is being given to Supervisor Herbert C. Legg by Manchester Boddy's "Los Angeles Daily News." This defection takes away much support from State Senator Culbert Olson who up to this time, has been the acknowledged leader among Democratic candidates for governor. Yet Legg is scarcely known outside of L. A., and has no state-wide support comparable to the labor backing of Murphy. The same seems to be true, too, of conservative Congressman John Deckweiler. JFT O'Connor—who is called "Nitty" by Col. Neblett—and "wild Bill" himself who is having a heck of a time throwing rocks at all the rest of the bunch.

Republicans Want to See Olson Nominated

Republican newspapers, and publicity from the Merriam and Hatfield headquarters, have been magnifying Senator Olson's supposed lead by giving covert boosts in the hope that Olson will be nominated, so the Republicans can have a roman holiday—with the gates of the party treasury thrown open wide — on the issue of: the Major Oil Cos. vs. the Independent Oil Cos.

This set-up does not sound at all good to the average Democratic voter, of whom there are this year more than 2,000,000. While appreciating the unquestionably liberal record of Senator Olson in the legislature, these voters shy away from use of their votes in what the metropolitan newspapers will claim, after the primaries, is nothing but a battle of money between two sets of oil companies—while other pressing governmental problems go begging.

Trend Toward Murphy

The trend, it would appear, is definitely away from Olson at this time, and towards Murphy, who at the outset of the campaign was considered by many to be a rank outsider.

With the renomination and re-election of Senator McAdoo practically a foregone conclusion—the odds are now 3½ to 1—in this move towards centralization of votes on the attorney battle, it, at last, does begin to look like "A Democratic State in Thirty-Eight!"

THE COUNTY BATTLE—"Angels rush in where fools fear to tread"—so we are reminded as we read Louie Sirard's pro-Miller "Martinez Herald" this week.

Louie goes right over the gunwale "with Sheriff John A. Miller, admittedly out in front by a safe margin, and with Cummings and Reggiardo in a close contest for a second place." (!) Interesting, if true—but all the information that we have been able to gather is that Reggiardo will carry everything from Antioch to Pinole, will lead in El Cerrito, and run neck-and-neck in Richmond today. Cummings has been somewhat late in getting started, but is now waging a vigorous campaign, and if anyone believes that Jack's votes are being taken away from Tony, somebody is quite sadly mistaken. No, sir! We are not going to be foolish enough to stick our neck out with any rock-bound prognostications at this stage of the game. Certainly, we do not advise any one to bet on our wishes in lieu of more accurate information.

Battle of the Century

The sheriff's battle this year is the battle of the century. And at this time one would be foolish to bet on just who will qualify in the primary, to say nothing of who will win in the general election in November.

The battle for County Surveyor with Candidates Chapman, Calfee, Jones, Barkeley, and Oliver up, is another puzzler; and the coroner's race may develop into a real contest.

But, whatever our personal preference among the candidates, we are not going to set ourselves up as a would-be authority like the now defunct "Literary Digest" at this stage of the game.

We might get poisoned with some of THAT medicine!

Democratic Hero

JAMES F. BRENNAN
Leading San Francisco attorney, who withdrew from own race for Attorney General to help in re-election of Sen. McAdoo and Sheriff Dan Murphy for Governor.

POPULATION BASED ON REGISTRATION

Contra Costa county's population based upon registrations, was reported this week by County Clerk S. C. Wells as 137,064.

This figure was reached by tripling the number of registered voters in the county on July 1. Wells was making a report to the supervisors on township population as required by law. The 1930 census gave the county a population of 78,608.

On July 1 a report of township population is required to fix salaries for township officers.

Population increases as reflected in voters' registrations would bring salary expenses to township officers in Antioch, San Pablo, Crockett and Port Chicago under present classifications. It has been indicated however, that the supervisors plan to make a new classification.

Township population and voter statistics supplied the board by Wells follow:

	Voters	Population
Martinez	5,720	17,160
Port Costa	226	678
Walnut Creek	3,279	9,837
Danville	725	2,175
Concord	3,010	9,030
Pittsburg	4,716	14,148
El Cerrito	4,280	12,840
Antioch	2,544	7,632
Brentwood	1,233	3,699
San Pablo	1,869	5,607
Pinole	1,605	4,815
Crockett	2,612	7,836
Clayton	170	510
Byron	416	1,248
Richmond	11,706	35,118
Oakley	731	2,193
Port Chicago	847	2,541

Ex-Republican State Head Attempts to Steal Democratic Atty. Gen. Nomination

Human nature sometimes falls to a pretty low ebb. Seemingly there are some carrion of the two-legged variety who, for any sort of reward, would willingly sell their own mothers into slavery and shame. Falsely fattened from surreptitious visits to the swill barrel, these unclean creatures stand forth in stuffed shirts trying to hide their inadequacy behind a paper-thin veneer of artificiality. Honest and true men, however, are not deceived by the spawn of such sorcery.

We refer, in short, to those curious and contemptible so-called Democrats who have come forth in favor of Earl Warren for the Democratic nomination to be Attorney General of California.

Enemy of Roosevelt

Make no mistake about it: As the Republican National Committeeman Earl Warren has been the greatest enemy of President Roosevelt and the Democratic party that has infested the atmosphere of California. And as far as we know he still is. His very position as Republican National Committeeman compelled him, though he has needed no compulsion, to do all that he can to tear down President Roosevelt and his nation-saving New Deal Administration. In 1936, in the columns of the scavenger metropolitan newspapers Warren assailed the constructive efforts of President Roosevelt, and Warren headed the Hoover delegation to the Republican National Convention and nominated Landon. During the subsequent presidential campaign our beloved President was called everything from a "communist" to an "invalid" by Warren and his Republican gang!

Now he has the unadulterated gall to file for nomination on the Democratic ticket and beat the brush in an effort to find some renegade Democrats to hold aloft HIS filthy banner.

In Untenable Position

Politically speaking, Earl Warren proves himself as crooked as a cork-screw by his own actions. Else how can he pretend to be the plenipotentiary pooh-bah potentate of the G. O. P., hands redolent with the gore of battle in favor of the privileged few, and at the same time claim to be a fit candidate for the great and good Democratic Party which numbers among its members the poor and the oppressed who have found the succor and relief and self-respect which is the right of every American citizen?

How serious it is! It must be apparent to every Californian that when the coming elections will result in a Democratic governor and a Democratic state senate and assembly that we should find self-annointed Democrats so lacking in manhood as to urge Democratic voters to vote for Warren, Arch Enemy of Democracy, for Attorney General, so to scuttle the whole program of the resurrection of the state. Because the office of the A. G. is in many respects more powerful than that of the governor.

Motives Are Questioned

Of COURSE we impugn the motives of one Sweigart, Lewis F. Byington, some A.F.L. leaders, others who have been or claim to be Democrats and yet vote for Warren! What motive CAN they have except the motive of party treason to President Roosevelt and the progressive principles of the Democratic Party? Let them take what meed of pleasure, money, or flattery they may temporarily obtain for their treachery to the party of Jefferson, for they will carry to their grave the undying contempt of all honest, true-blue, God-fearing Democrats. Because the Republican party record of Warren is clear and inescapable: he is an avowed Hamiltonian, an enemy to the party of Jefferson, Jackson, Wilson, and Roosevelt, and yet he has the sublime audacity to ask for Democratic suffrage. 'Twould be ridiculous, if it were not serious and tragic.

What a Record!

Warren's record! We will venture that, whorehouse-for-whorehouse and gambling hall-for-gambling hall, Alameda county since Warren's rule from 1926 will compare with any county in the state. Oh, yes, it may be "covered up" better. No doubt, but do we want an Attorney General to "cover up?" No, what this new Democratic Administration needs when it goes into power at Sacramento next January is an Attorney General who will do his level best to unearth the mass of filth and corruption which the people have every reason to believe has been accumulating there since 1896, the year of the last Democratic administration.

Decent Californians should be able to guess as much from the odorous "My Pal, Art Samish" mess that has engulfed the Republican high command. Certainly Democrats will NOT vote for Earl Warren, an enemy to everything the great and good Democratic party stands for.

COMMENT

By the Editor

FARLEY SPEAKS

(Because we believe that, next to President Roosevelt, himself, Postmaster General James A. Farley has the best all around grasp of the New Deal we shall from time to time print excerpts from his speeches, one of which follows:)

Our party has a long and glorious history. It has outlived half a dozen organizations that at one time or another have directed the affairs of the United States. It has seen pass into

Continued on Page Five

News Review of Current Events ★

F. D. R. IN PRIMARIES

President Boosts Favorites in Kentucky, Oklahoma and Elsewhere in His Trip to the West Coast

President Roosevelt addressing Louisville citizens from the platform of his special train, urging them to support Senator Barkley for renomination. The senator is at the President's left and Mayor Scholtz of Louisville at his right.

Edward W. Pickard
SUMMARIZES THE WORLD'S WEEK

© Western Newspaper Union.

President on Tour

MARIETTA, Ohio, was the first stop in President Roosevelt's transcontinental tour. There he dedicated a memorial to "the start westward of the nation," in his address paying tribute to the pioneers and, rather incidentally, to Senator Robert J. Bulkley, who seeks renomination and is opposed by George White.

Sen. Barkley

With this off his mind, the President assumed his other role of head of the Democratic party and jumped into the primary campaign with both feet. His avowed purpose was to further the election of members of congress, especially senators, whom he terms liberals. Beyond this he was undertaking to maintain his control of the party up to and through the presidential campaign of 1940.

Crossing from Ohio into Kentucky, where Senator Barkley, staunch New Deal supporter, is engaged in a hot fight with Gov. A. B. Chandler for his senate seat, Mr. Roosevelt found it advisable not to utterly squelch the ambition of "Happy" as the governor is known. In a speech at the Latonia race track in Covington he said he had no doubt Chandler would make a good senator, but added: "But I think he would be the first to acknowledge that as a very junior member of the senate, it would take him many, many years to match the national knowledge, the experience, and the acknowledged leadership in the affairs of your nation of that son of Kentucky, of whom the whole nation is proud, Alben Barkley."

At Bowling Green and at Louisville Mr. Roosevelt made platform speeches in which he urged the renomination of Barkley.

The special train raced through Tennessee in the night without a stop and this was taken as inferential disapproval of Senator George Berry, whose marble claims caused the TVA so much trouble.

Oklahoma City came next, and there Mr. Roosevelt told an enormous crowd what a help Senator Elmer Thomas had been to him and how much the senator had done for the state. His commendation of Thomas was called lukewarm, however, and much of his speech was devoted to criticizing the senator's rivals, Representative Gomer Smith and Gov. E. W. Marland. Smith had the support of the Townsendites and many conservatives. Marland has at times been too conservative to please the White House.

McAlester and Wister heard the President from the back platform, and then at Booneville, Ark., he found time to speak kind words about Senator Hattie Caraway, who seeks another term.

The Chief Executive spent the week-end resting at the ranch of his son Elliot 17 miles from Fort Worth, Texas. Then his special rolled northward to Amarillo, where he stopped long enough to make an auto trip about the city. Next day he arrived in Pueblo, Colo., on his way to San Francisco, San Diego and the cruiser Houston which was to carry him through the Panama canal.

During a brief stop at Wichita Falls, Texas, the President announced that he was appointing Gov. James V. Allred to a vacancy in the federal court for the southern district of Texas. This was a complete surprise to Senators Tom Connally and Morris Sheppard.

Hughes Flies the Atlantic

HOWARD HUGHES, wealthy young sportsman and aviator, with four companions made successfully the first non-stop flight from New York to Paris since Lindbergh's epochal feat in 1927. His time was 16 hours and 38 minutes, less than half the time made by Lindbergh.

Howard Hughes

The big plane, named "New York World's Fair 1939," appeared over Le Bourget field long before it was expected, but Ambassador Bullitt and a big crowd were waiting to greet the daring aviators. As the twin-motored machine rolled to a stop, Bullitt ran forward, opened the door and shouted: "Congratulations, did you have a good trip?"

Hughes and his fellow adventurers, Ed Lund, Harry Connor, T. L. Thurlow and Richard Stoddart, weary and cramped, climbed out of the cockpit and were eagerly taken in hand by the enthusiastic French.

After resting and refueling their plane, the fliers took off on the second leg of their projected flight around the world, reaching Moscow in less than eight hours. Their hope was to beat the record made in 1933 by Wiley Post.

Hughes' big plape, specially rebuilt and equipped with a multitude of gadgets, carried a gross weight of 25,000 pounds. It had three radios and was in communication with the ground practically all the time. The only worry the fliers had was the danger of running out of fuel before Paris was reached.

TVA Inquiry Opens

INVESTIGATION of the activities of the TVA by a congressional joint committee was opened in Knoxville, Tenn., with Chairman Vic Donahey presiding. After an executive session the investigators started on an inspection tour of the projects involved. Public hearings in Knoxville were next on the program, and Donahey said these would continue "until we run out of money."

It was indicated that former Chairman A. E. Morgan would be the first witness called. He was granted permission to go into TVA files to prepare his testimony.

Shortly before the inquiry began, Dr. Morgan filed a mandamus suit in a Knoxville court asking that he be reinstated as member and chairman of the TVA and be paid back salary. He never has recognized the President's right to remove him from the chairmanship.

Justice Cardozo Dies

BENJAMIN N. CARDOZO, associate justice of the United States Supreme court, died at Port Chester, N. Y., of a chronic heart ailment that had kept him from work on the bench since last December. He was sixty-eight years old. Descended from Spanish Jews who came to America in 1750, he was born in New York city and educated at Columbia university. He was appointed to the Supreme court by President Hoover in 1932 and lined up with the liberal minority. His scholarship and hard work won the highest respect. Chief Justice Hughes, informed of Cardozo's death in Italy, said: "It is an irreparable loss to the court and the nation. He was a jurist of the highest rank and noble spirit."

Sen. Wagner

Probably President Roosevelt will not appoint Cardozo's successor before fall, for the court is in recess until October. But speculation as to his choice began immediately. The name most frequently heard in the discussions in Washington was that of Sen. Robert Wagner of New York, one of the President's chief lieutenants in the field of social legislation. Other New Yorkers mentioned are Ferdinand Pecora and Samuel Rosenman, state Supreme court justices, and Solicitor General Robert H. Jackson. The Far West is not now represented on the court.

Japan Warns of Bombings

REPRESENTATIVES of the United States and other foreign powers at Shanghai were handed notes by the Japanese urging them to evacuate their citizens from half a dozen Yangtze valley cities listed as probable targets for further widespread bombings.

Two previous notes urged that all foreign vessels and foreigners along the Yangtze river in the path of the Japanese advance on Hankow be removed.

The United States gunboat Monocacy and the British gunboat Cockchafer were reported to have moved three miles up the Yangtze from Kiukiang as Japanese warships shelled Chinese defenses of the city.

Huge Wheat Crop

IN ITS first general crop estimate of the year the department of agriculture predicted the second largest wheat crop in American history. The forecast was for 967,412,000 bushels. A sharp slash in acreage to be planted to wheat must be called for by the Agricultural Adjustment administration as a result. Acreage cuts, plus wheat loans, are now automatic and mandatory under the new farm act.

The department predicted a corn crop of 2,482,102,000 bushels, an oats production of 1,093,829,000 bushels, a barley crop of 239,375,000 bushels, and a rye crop of 51,327,000 bushels. Tobacco production was forecast at 1,496,000,000 pounds and rice production at 53,330,000 bushels.

Disorders in Palestine

PALESTINE was in turmoil over a recrudescence of the anti-Jewish riots, and the police and British troops were having a hard time suppressing the bloody-minded Arabs. Fights, bombings and fires resulted in numerous deaths. Near Mount Tabor a patrol of British soldiers and Jewish constables was ambushed and suffered heavy casualties.

Chaco Arbitration

BOLIVIA and Paraguay have finally agreed to let their dispute over the Chaco territory be settled by arbitration.

Spruille Braden, young American business man, is given most of the credit for this settlement of the long and bloody quarrel, and it is said in Washington that he will be rewarded by appointment as minister to Colombia.

Problem of the South

RE-ESTABLISHING a balanced economic system in the southern states is considered by President Roosevelt the No. 1 problem of the nation and he says it must and can be done. He appealed to 25 southern leaders, assembled in Washington at his request, to draft plans for the economic restoration of their section of the country. Lewis Mellett, director of the National Emergency council, presided over the conference and read Mr. Roosevelt's letter.

Though he did not comment on the effect that the new wages and hours law may have on southern industry, he did say that one of the great problems in the South is that of labor and employment. He spoke also of problems "growing out of the new industrial era and, again, of absentee ownership of the new industries."

"It is my conviction," the President wrote to Mellett, "that the South presents right now the nation's number one economic problem—the nation's problem, not merely the South's. For we have an economic unbalance in the nation as a whole, due to this very condition of the South.

"The purpose of your conference is to produce a restatement of the economic conditions of the South and their relation to the rest of the country that we may do something about it."

'Purge' Is Hard Hit

TWO long distance messages came from Manila, from Paul V. McNutt, governor general of the Philippines and reputed boss of the Democrats of Indiana. Thereupon the New Dealers of the Hoosier state decided they could not win in November unless they renominated Frederick Van Nuys for the senate. That gentleman had been marked for elimination by Tommy Corcoran and his fellow managers of the proposed "purge" of those who had opposed any major New Deal policies and Governor Townsend had publicly announced Van Nuys could not be renominated. The senator was planning to run as an independent. After hearing from McNutt, the governor invited the senator to present his candidacy to the state convention, and Van Nuys accepted in the interests of party harmony.

Senator Van Nuys

Corcoran's purge appears to have bogged down elsewhere, too. Senator George of Georgia and Senator E. D. Smith of South Carolina seem likely to win renomination. In New York city Tammany decided to support Congressman John J. O'Connor, who led the fight against the reorganization bill, and several other New York members of the lower house whom Corcoran had listed for defeat.

Urge Garner to Run

BEFORE he left Washington for Texas, Vice President Garner told friends that he positively would not be a candidate for a third term. This started immediate speculation on his probable attitude toward heading the Democratic ticket in 1940. It was asserted by some of his associates that Democrats in all parts of the country were writing him urging him to be a candidate for the presidential nomination.

Vice President Garner

Senator Logan of Kentucky said if Garner should seek the presidential nomination he would be hard to beat.

Senator Burke of Nebraska said he believed Garner would be in a receptive mood if he were offered the first place on the ticket.

Neither of those statesmen believes Mr. Roosevelt will seek a third term, and that seems to be a general belief in Washington.

Insists on Reorganization

IN HIS last press conference before starting on his transcontinental and Pacific ocean trip, President Roosevelt revealed that he was still determined to have congress pass a reorganization bill. Seemingly not at all discouraged by the defeat of the measure in the last congress, he said he was confident the next session would realize that the country wants such a law and would enact it. The congressmen who voted to recommit the measure favored at least 90 per cent of the bill, he said, and opposed only 10 per cent of it.

Tells Cities to Hurry

CITIES of the nation were urged by Secretary Ickes to make haste to submit projects for PWA approval and thus play "a dominating part in bringing about recovery."

At the same time he asked business to co-operate with the government in the $1,600,000,000 building program, and warned contractors and private industry not to pay "graft" to corrupt officials in an attempt to curry political favors in the form of benefits from PWA construction.

"The success of this recovery program will depend upon the speed with which our municipalities move," he said. "They will have to produce faster than before. They will have to draw their plans more rapidly, make decisions more quickly and file their applications with alacrity.

"Involved are jobs for workmen, the creation of new business for industrial and commercial concerns, the expansion of factory payrolls, the rejuvenation of transportation systems, the spread of purchasing power, the expansion of credit, the stimulation of our securities and our banks."

Radio Must Be Fair

EQUAL treatment of rival candidates and political parties is demanded by the Federal Communications commission in new rules governing broadcasting of political speeches. Under these regulations a station may refuse time to all political candidates for an office, but if broadcasting privileges are granted to one candidate, equal time must be offered to his rivals. The rule applies to all national, state, county, and municipal office seekers. Rates shall be uniform for all candidates, the FCC rules.

Happenings in Point Richmond

Point Chapter Plans Reception for Mrs. Jeanette Bottom, G.E.,

Point Chapter, Order of the Eastern Star discussed plans for the reception being planned in honor of Grand Electa, Mrs. Jeannette Bottom, who is a member of Point Chapter, at the meeting held last night in Point Masonic Temple.

The affair will take place on August 30 and will be in Richmond Masonic Temple. Many visiting grand officers will be present and all members of Richmond Chapters will be invited guests.

Mrs. Ruby Harrison will have charge of entertainment for the affair and Mrs. Winnie Palmateer will attend to the banquet room. Mrs. Ellen Penny, worthy matron, and Philip A. Lee, worthy patron, will preside and Mrs. Olga Lee, junior past matron, will act as marshall for the occasion.

Plans were discussed for the candidates whist party which will be given in the near future sponsored by the sewing club. The club will enjoy a picnic today. Mrs. Jeannette Bottom and Mrs. Ruby Harrison are hostesses for the excursion which will be at the Rod and Gun Club.

The next regular meeting of Point Chapter will occur on August 4. Mrs. Ellen Penney, worthy matron was present last night at her station after an absence of several weeks. The meeting was conducted by Mrs. Penney and Philip Lee.

A large attendance was given the meeting among distinguished guests being Miss Kathryn Radcliffe, worthy matron of Beacon Chapter and Mrs. Jeannette Bottoms, grand Eletra.

The social enjoyed following Chapter meeting was in honor of men of the chapter, the occasion being "Broters Night." Delicious refreshments were served in the banquet room and cards were played as a diversion of the evening.

"Mickey" Allyn to 'Tend Store

During the absence of hi mother and father and brothers, "Sparky" (Nathaniel) and Henry who with Mr. and Mrs. L. O. Beam plan to vacation at Richardson Springs, "Mickey" Demetrios Allyn will have charge of Allyn's Men's Store on Washington Avenue. The Allyns will leave today on their vacation.

Mr. and Mrs. Harry N. Palmateer, Point Richmond's druggist, have returned from a very pleasant vacation trip spent in the Crater Lake country from whence they toured over the Redwood highway.

LOUIS ARMSTRONG HURT

While mounting a ladder this morning, Louis, 15-year old son of Mr. and Mrs. Frank W. Armstrong, fell and suffered a broken leg. The game youngster was taken to the Richmond hospital where Dr. Cunningham attended the injury. Louis killed a deer last season and it is hoped he will soon be about to do the same this season.

YOUNG'S FURNITURE EXCHANGE
217 Standard Ave.
POINT RICHMOND
Phone Richmond 1916
Furniture Bought, Sold, Exchanged

PAST PRESIDENTS NIGHT PLANNED AT MEETING OF RICHMOND EAGLES

Meeting last night at Odd Fellows Temple, members of Richmond Aerie of Eagles arranged plans for coming events.

One of the outstanding meetings of the season will be held next Thursday night at the lodge hall.

This will be known as past president's night and will be featured by initiation of a large class of candidates, a program and a banquet.

Past Worthy President Max Jetta and many visitors from neighboring Eagles lodges will be honored guests at the affair and will take part in the ceremonies.

Other events were planned at last night's meeting, which was held under the direction of Worthy President Martin Battaya

SAWALLISCH ENDORSED BY UNION LABOR

The candidacy of Asemblyman Harold F. Sawwallisch for re-election is gaining much deserved support. A recent meeting of the joint legislative committees of the state organization of the Railroad Brotherhoods—Railway Conductors, Brotherhood of Locomotive Enginemen and Firemen, etc., endorsed Sawallisch unanimously.

Visitors in Point Richmond on Sunday were Messrs. Clarence Lee, John Felton, and Dave Conroy of Walnut Creek. Mr. Conroy is one of the fine singers of this part of the state. The visit was much enjoyed It is hoped they will come again.

UNITED SLAVONIANS

At Alvarado Park next Sunday the united Slavonic lodges will hold a big picnic .

Convalescing

At home after a minor but painful operation to her nose is Mrs. Mary Willet of 10 Nicholl Avenue.

F. W. ARMSTRONG
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267 Sixth Street
Phone Richmond 1160
100 Per Cent Union Shop

Point Baptist Ladies Aid

Mrs. Rebecca Silvas, president of the Point Baptist Ladies Aid presided over a business session of the group which was held last Tuesday in the churc parlors. The large attendance was served a delightful luncheon under the supervision of Mrs. Paul Dunlap

Worthy Matron Ellen Penny of Point Chapter, O. E. S., has sold her residence on Glen avenue, plans to move to her new home on Fifth Street.

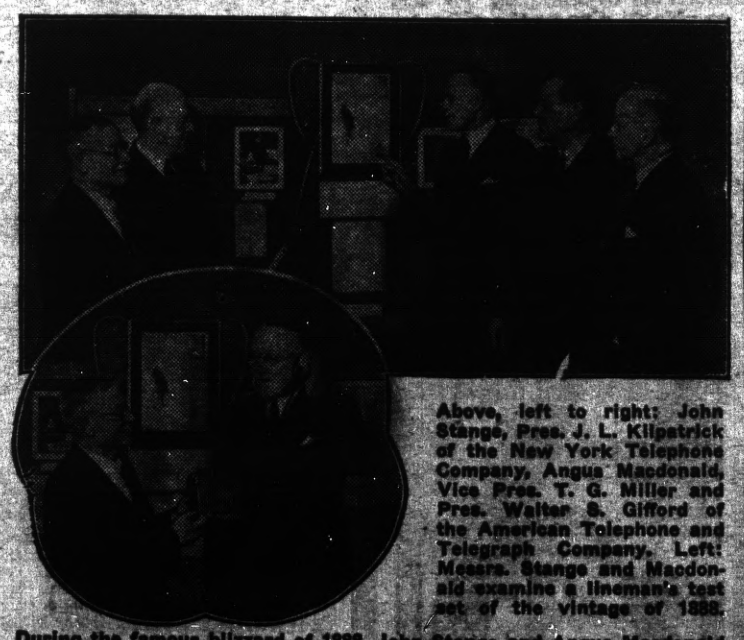
PABST BEER
Direct from the Keg
at
"Recreation Hedquarters"
ED SIEVER
1320 Macdonald Avenue

UNITED IRISH PICNIC

Next Sunday at East Shore Park the United Irish Societies will hold their annual picnic. A large crowd of Contra Costa Co. Irishmen are expected to attend.

"Quaff the Foaming Tankard" at the
CALIFORNIA
TAVERN
BEST OF BEER
FINEST WINES
LUNCHES
SANDWICHES
—George Russell
1710 Macdonald Av
Phone Rich. 1147

Telephone Veterans of '88 Blizzard Honored at Exhibit 50 Years Later



Above, left to right: John Stange, Pres. J. L. Kilpatrick of the New York Telephone Company, Angus Macdonald, Vice Pres. T. G. Miller and Pres. Walter S. Gifford of the American Telephone and Telegraph Company. Left: Messrs. Stange and Macdonald examine a lineman's test set of the vintage of 1888.

During the famous blizzard of 1888, John Stange and Angus Macdonald played important parts in maintaining the long distance telephone service. Half a century later they were guests of honor at a "blizzard exhibit" held in the Historical Library of the American Telephone and Telegraph Company. A feature of the exhibit was the snowshoes Macdonald wore while patrolling the lines during the blizzard and also while posing for the well known Bell Telephone System painting "The Spirit of Service," to which he is pointing in the upper picture.

This 10% Summer Discount Offer with terms of no monthly payments until October 1, is like an even trade between you and the gas equipment dealers. You are buying out of season. You are helping dealers keep installation crews busy during a slack season. So a money-saving inducement in the form of a 10% Discount is passed on to you.

You, too, will get better service all around by buying your gas heating equipment now by getting an unhurried job, carefully adjusted and installed.

This exceptional money-saving offer and easy terms are in effect for a short time. Will you be among the many persons to take advantage of it? Be thankful you did. Order gas heating installed this week.

SEE YOUR DEALER
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PACIFIC GAS AND ELECTRIC COMPANY
Owned · Operated · Managed by Californians
REDUCED GAS RATES
CUT HEATING COST

Civil War Vets Reunite at Gettysburg

Two of the Confederate soldiers, who with Union veterans gathered at Gettysburg, Pa., to celebrate the seventy-fifth anniversary of the battle. Left to right are Gen. Sampson S. Simmons, ninety-four years old, of Los Angeles, Calif., who was a member of the Eighth Virginia cavalry; and R. D. Brooks, ninety-two, a member of the Seventy-fourth Virginia cavalry, talking with a friend between courses. Attended by World war veterans and Boy Scouts the aged veterans held their last encampment.

Bees Take Over Fire Hydrant

It was a good thing that a fire didn't break out in Detroit in the area of this fire hydrant which was taken over by a swarm of bees. Bee experts say the bees crossed the Detroit river from the Canadian side and decided that the fire plug would be a good spot to rest. Two Detroit policemen are shown trying to get the bees to move away from the hydrant.

Swedes Celebrate Tercentenary

Prince Bertil and his step-mother, Crown Princess Louise of Sweden, who took part in the ceremonies at Wilmington, Del., to celebrate the 300th anniversary of the landing of the Swedes and Finns on the shores of Delaware. Prince Bertil substituted for his father, Crown Prince Gustaf Adolf, who remained aboard the Swedish liner Kungsholm which brought the royal party across the Atlantic for the festivities.

Civilians Welcome Rebel Army to Castellon

The civilian population welcomes soldiers of Generalissimo Francisco Franco as they arrive in Castellon de la Plana, key position in the present insurgent drive on Valencia. Shortly afterward, 3,000 civilian refugees from the provinces poured into the city, adding to its food and housing problems.

A COOL OUTFIT

She looks as cool as peppermint candy in her red and white striped dirndl. Made of the sheerest cotton it has a tailored rather than frilly look about it. Her floppy, crownless hat is a pliant, basket-weave straw in navy blue.

Kiwanis and Rotary Get Real Chummy

Here's an enthusiastic greeting between top men in two great clubs, Rotary International and Kiwanis International. Both organizations held their conventions in San Francisco at the same time. Left, Maurice Duperry, Rotary president, plants a continental kiss on the blushing S. Trafford Taylor, Kiwanis president.

BREAKS A RECORD

Frank (Pinky) Higgins, third baseman of the Boston Red Sox, bangs a single over second base in a game with the Detroit Tigers to break the consecutive hit record of 11 made by Tris Speaker in 1920. The hit was Pinky's twelfth consecutive blow.

HE'S 'MIBS' KING

Frank Santo, thirteen years old, of Throop, Pa., who was crowned the marbles king of the United States at the conclusion of the national marbles tournament at Wildwood, N. J. As a result of his victory Frank received a $150 radio set and a wrist watch. His father is an unemployed miner.

SAMUEL S. RIPLEY FILES FOR COUNTY TAX COLL'R

Samuel S. Ripley of Richmond has formerly announced that he is a candidate for the office of Tax Collector of Contra Costa county at the forthcoming county elections. He is conducting a vigorous campaign and reports that he is receiving much encouragement.

Mr. Ripley has been a resident

SAMUEL S. RIPLEY

of this county for over thirty years and of the City of Richmond over twenty-five years. When he first came to the county he was employed in Crockett as an electrician at the California & Hawaiian Sugar Refinery and continued in that employment until the World War when he left to serve in the Tank Corps of the United States Army. After the war he started a small business in Richmond and has been so engaged until the present except for two years' service of the State of California as Sales Tax Investigator.

Since the war he has acted for many years as service officer in veteran organizations and all who applied for help were assured that he would do his utmost to obtain the aid they needed, often at considerable trouble and expense to himself. From this service to veterans and their families, others in need of help began to seek his assistance, which was as freely given to them, so that he is known throughout Richmond and the whole county as a true and loyal friend of the underprivileged and discouraged.

In 1933, Mr. Ripley was elected to the Richmond City Council, of which he is still a member, as an independent small business man pledged to represent all sections of citizens upon matters of import in City government. He has fulfilled these pledges and has always worked to the end that all public business should be fair, honest and open.

Now Mr. Ripley hopes to extend the scope of his public service to the county and pledges himself to the same independence in behalf of the interests of the people as he has shown in City affairs, with courtesy to all taxpayers alike, small and great, and such efficient conduct of office as is compatible with the highest ideals of honest and reliable public service.

RICHMOND MAENNERCHOR

On Sunday August 7th at Alvarado Park, will be held the 27 Anniversary Celebration and Picnic of the Richmond Maennerchor. This famous organization has made great preparations for the event; nd a big crowd is anticipated. Admission to the park is free.

COMMENT

By the Editor

FARLEY SPEAKS

Continued on Page Five

oblivion Whigs and Tories and Federalists and now it is witnessing the twilight of the Republicans. The Republican Party now has neither a policy nor a leader. All that is left to it is opposition and the ferment of contending factions whose single rallying point is dissatisfaction and hostility to the Roosevelt administration.

It does not know whether it is conservative or progressive, radical or reactionary. It cannot make a declaration either Hooverisi or Glenn Frankish, Landonesque or merely Vandenbergian. All it can do is to rail at the Democrats and find fault with everything the administration does or attempts to do. In one breath it accuses our President of reaching for dictatorial powers, and in the next breath charges him with attempting to destroy all authority and deliver us to communism.

If stocks go up, they attribute the rise to world conditions and the bounty of nature; if stocks go down, they blame the drop on the Democratic administration.

For five years under New Deal enactments we rose steadily from the swamps of depression into which we were cast by the Republican regime. That regime fostered a system that threw us into a high fever of speculation during which millionaires multiplied their millions and called it prosperity. They did nothing to check the inevitable collapse into the malaria of despair. For three miserable years the Hoover administration let us drift from bad to worse, for it had neither the courage to essay anything which might be deemed as questioning the progresses of its financial backers, nor the wisdom to realize that depressions do not cure themselves.

The Roosevelt policies did put an end to this wretched period. Is it going too far to say that such policies been put into effect three years earlier, before the catastrophe had reached its worst that much of the misery could have been averted?

Had the banking situation been taken in hand at the beginning of the pasic, as Roosevelt took it in hand the first day he assumed office, would we have had the spectacle of even our most solvent repositories of the people's funds beset and beleaguered by the runs that marked the last days of the Hoover period?

But our opponents say the Roosevelt prosperity did not last. Stocks are down, the unemployment situation is again at alarming proportions, and we are still spending billions on emergency relief. True, as far as that goes, but who can compare our present state with things as Roosevelt found them on his advent to the White House? And why are stocks down? Simply because the group which we term big business has disregarded the lesson it ought to have learned from the big crash. It was demonstrated then that purchasing power among the mass of our people is the only permanent basis for prosperity. Well, under the moderate sun of the recovery industry sprouted and industry's chiefs proceeded to harvest the crop of profits, disregarding the homely farm formula which calls for the renewal of soil fertility. They maintained high prices for the speeded production and decreased employment with perfected machinery. So people generally found their capacity to buy curtailed, and the products were not absorbed by consumers measurably with the extent of production. So they let more workmen go. The investing element of our population helped along the recession by holding back their money, as investors always to in falling marselling and buying. Decrease the ability to buy and inventories reket.

This is all perfectly logical, according to the business system as we have always known it. It economic world is made up of seems quite according to Hoyle in individual cases, but when it becomes a general system it is utterly destructive. Our whole main on the shelves of the vendors. One does not have to be a professional economist to understand what has happened.

There is no progess under which our Government can tell merchants or manufacturers what prices they should charge or how many workmen they should employ; but when unemployment reaches such proportions as to constitute a peril to the Nation at large, Government has to step in somehow. The only method of meeting the situation is for the Government to provide such work as it can and to save the destitute from starvation pending the time when private industry is again willing and able to provide jobs.

It is not a happy undertaking for any administration, but it has to be done, even in an election year, when the charge is bound to come up that the administration is timing the relief it furnishes for political effect.

Naturally, our political opponents were making the most of the recent stock-market decline in their effort to discredit the New Deal. They did not get very far, for the market has taken an upward turn. They have with them, of course, their old allies, who want to blame the Democratic administration for the unfavorable business conditions they brought on themselves. The Liberty League, under other names, is still functioning. The pressure groups are still pouring out their money, and the propaganda mills are grinding away just s they did in '36. But the people are quite aware of the purpose and source of all this flood of detraction.

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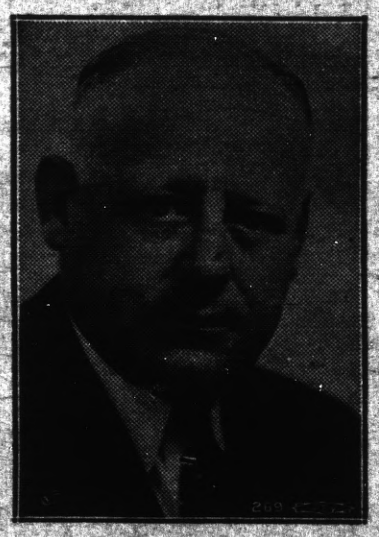
Through the years that saw him grow to manhood right here in our county the name of Anthony Reggiardo has stood unblemished never once has even a rumor reflecting on his honesty been murmured. His private life and his years of service as a public official and law enforcement officer stand as an exemplification of UNQUESTIONED HONESTY.



ASK YOUR FRIENDS TO ELECT

REGGIARDO

SHERIFF

UNQUESTIONED HONESTY

WHAT to EAT and WHY

C. Houston Goudiss Offers
Practical Advice on How to
Keep Cool With Food

By C. HOUSTON GOUDISS
6 East 39th Street, New York City.

FROM the standpoint of health, the summer months constitute the most important period of the entire year. They should be used to build stamina and vitality that will fortify your body against disease. But to many people, the warm weather means merely a succession of exhausting days and restless nights. And hardly a week passes without reports of heat prostrations.

—★—

Meeting the Challenge of Hot Weather

While abnormal heat or humidity may be a secondary cause, the real reason behind much warm-weather suffering is a failure to meet the challenge of summer with a judicious diet.

—★—

Automobile owners know that no car is better than its engine, and in warm weather, careful drivers watch the gauge on the dashboard to be sure the engine does not become overheated. But most people give little thought to that most remarkable of all engines—the human digestive machinery.

Compared to the engine in your body, the one in your car is a crude, rough affair that can stand no end of punishment. Moreover, the automobile is driven for a certain length of time and then permitted to rest. But the marvelous mechanism which transforms your food into blood, bone, muscle, and your capacity for thought and action is never wholly at rest.

—★—

Importance of the Right Food

If the automobile engine requires special attention, how much more important to stoke your body engine with food suited to the weather!

No one would think of going about in midsummer wearing the same garments that were worn all winter. Yet many women continue to serve the same type of meals which were required to keep the body warm in winter. **Such a practice is sure to make you miserable. But more than that, it lowers resistance and may, therefore, lead to illness.**

—★—

Beating the Heat

There are several factors to bear in mind when planning the hot-weather diet. The first secret of keeping cool is to supply the body machinery with food fuel that can be utilized with the least expenditure of energy.

Warm weather is responsible for muscular relaxation in the digestive tract, as well as other parts of the body. And you run the risk of digestive upsets, with their discomfort and health hazards, unless you make every effort to lessen the work of your digestive system.

Eat lightly of rich fatty meats, pastries, rich cakes, sauces and gravies. At all times, choose easily digestible foods.

—★—

Overeating Saps Vitality

Don't overeat. The task of handling excess food is a burden to the body at any season. In hot weather, it will cause the body temperature to mount along with the thermometer, and may result in a serious upset. It is also advisable to cut down somewhat on the quantity of heat and energy producing foods consumed—that is the carbohydrates and fats.

—★—

Need for Body-Building Foods

The protein requirement remains the same summer and winter. Some people think that meat should not be eaten in summer, or should be reduced to a minimum. But there is no closed season for growth in children, and moreover, they play so constantly and indulge in such strenuous exercise that they break down body tissue very rapidly. Adults also have a constant need for protein to rebuild the millions of cells that are worn out daily.

It is desirable, however, to avoid rich, fatty meats and to select protein foods that are more easily digestible, as chicken, lamb, lean beef and lean fish. Special emphasis should be placed on milk, cheese and eggs. These splendid foods not only supply Grade A protein, in an easily digested form, but also fortify the diet with minerals and vitamins.

—★—

Liquids Essential

To help you keep cool, the summer diet must include an abundance of liquids. These are necessary to make up for the large amounts of moisture lost from the body through increased perspiration.

Liquids may be taken in the form of milk, fruit juices and cooling drinks made from pure water and packaged beverage crystals containing dextrose, fruit acid, flavoring and coloring.

—★—

Hot Weather and Vitamin C

Two European investigators recently found that exposure to high temperatures causes a 50 per cent loss in vitamin C from the body tissues. And lowered vitamin C reserves are partially responsible for that tired feeling so often experienced in warm weather. Their research indicates that drinking orange or lemon juice, which are rich in vitamin C, actually helps to mitigate the effect of the heat.

—★—

Choose Cold Drinks Carefully

A cold drink is comforting on a hot day. And in addition, sweetened beverages help to relieve fatigue, for their carbohydrate content supplies available energy. Sugar is the least heating of the energy producing foods, for less than one-sixteenth of the energy it supplies to the body is converted into heat. The rest goes into brain and muscle power.

Therefore, one good way to prevent needless fatigue in summer is to take a cool, moderately sweetened drink whenever you feel tired during the day. This will satisfy thirst and ward off exhaustion like a rest by the road after a long hard tramp.

Too highly sweetened beverages, however, may be heating to the body, though they are cooling to the palate. For this reason, it is advisable for homemakers to mix their own cool drinks so that they can control the amount of sweetening used. It is possible to buy inexpensive packaged beverage crystals in a variety of flavors, which make delicious, refreshing and cooling drinks for general family use. One of these contains added vitamin D, and as the sugar is added by the homemaker, you can be the judge of how much to use. This is an excellent idea, especially in households where there are children, for the home-made drink satisfies thirst, provides needed energy and discourages them from buying bottled beverages of doubtful purity.

—★—

Cooling Foods

I offer free to readers of this column a new bulletin containing a list of cooling foods, plus practical, specific advice in planning the warm weather diet. There are also menus showing how easily you can KEEP COOL WITH FOOD.

© WNU—C. Houston Goudiss—1938—30

Keep Cool Improve Health

With this Free Bulletin on Planning a Correct Summer Diet

SEND for the free bulletin on "Keeping Cool with Food," offered by C. Houston Goudiss. It outlines the principles of planning a healthful summer diet, lists "cooling" and "heating" foods and is complete with menu suggestions.

Just address C. Houston Goudiss, 6 East 39th Street, New York City. A post card is all that is necessary to carry your request.

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Pattern 5940.

There's grace and beauty in every detail of this cross-stitch motif which you will enjoy embroidering on a bedspread—it's quickly done and so decorative when finished. The bluebirds are in ten-to-the-inch crosses, the greater part of the rest of the design is in five-to-the-inch crosses. Motifs to match make a lovely bolster or scarf. In pattern 5940 you will find a transfer pattern of a motif 15½ by 20 inches, one reverse motif 5⅛ by 5¼ inches and one motif 4¾ by 5⅛ inches; a color chart and key; material requirements; illustrations of all stitches used.

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First Woman Sculptor in U. S.

Patience Lovell Wright (1725-85) made the earliest recorded attempts at sculptural expression in the American colonies. Her portraits, modeled in wax were highly praised in the colonies and in England, where she lived after 1772, and modeled likenesses of the king, queen and other notables. Her full-length likeness of Lord Chatham in wax was kept for a number of years in a glass case at Westminster Abbey.

Chinese Are Real Devout

The Chinese have no idea of vicarious sacrifice; the offerings to their supreme deity are like the precious objects, raiment and foods, which are set forth in ancestral worship.

Albatross, Pneumatic Bird

The albatross is the most pneumatic of all birds. Every bone in its body is filled with air sacs, with the exception of the scapula and hyoid bones.

Name Amy Means 'Beloved'

The name Amy is of Latin origin and means "beloved." There is something sweet and gentle about the name which well fits its meaning, writes Florence A. Cowles in the Cleveland Plain Dealer. Amy Robsart is the most famous in history to bear the name. Its meaning was hollow for her, for she was the unloved wife of the earl of Leicester, favorite of Queen Elizabeth. She was found dead at the foot of a stairway, with her neck broken, and it was suspected that her husband was an accessory to her murder; but there was no proof of this and some modern historians believe her death was the result of a plot to discredit Leicester.

Ghost-Dance Religion Lives

Klamath, Calif., is the last stronghold of the ghost-dance religion formulated by the Indian "dream prophet" Smohalla. The Klamath Indian congregation is known as the "Shakers," but it has no connection with the well-known American sect of Shakers.

Cisalpine, Short-Lived State

Cisalpine republic was the name of the short-lived state in northern Italy which Napoleon created in 1797, to include Lombardy, the duchies of Parma and Modena, and some parts of Venetia and the Papal states. In 1802 it took the name of the Italian republic, choosing Napoleon as president; in 1805 Napoleon transformed it into the Kingdom of Italy, with himself as king, a status it held until 1814.

'Dipped Pen Into Tears'

In a memorial address on Henry George, John Peter Altgeld said: "In writing 'Progress and Poverty' he dipped his pen into the tears of the human race, and with celestial clearness wrote down what he conceived to be eternal truths."

Dog's Sense of Smell

It is rather hard for a human to comprehend a dog's sense of smell, but it is truly remarkable. Many of the exploits of a trained bloodhound are often unbelievable. It is an extraordinary sight to watch the speed with which these dogs can follow a trail, the scent of which may be two or more days old.

If there is a strong wind blowing, a dog will often run 10 or 12 feet from the actual trail on the leeward side from the wind. People who have had experience with a dog trailing in the winter have been awed when they noticed the animal not following the footprints in the snow, but running rather off to one side and getting the scent from the wind about 10 feet away.

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Side by Side

Friendship is to be brother and sister, two souls meet without mingling, two fingers of one hand. —Victor Hugo.

How Women in Their 40's Can Attract Men

Here's good advice for a woman during her change (usually from 38 to 52), who fears she'll lose her appeal to men, who worries about hot flashes, loss of pep, dizzy spells, upset nerves and moody spells.

Get more fresh air, 8 hrs. sleep and if you need a good general system tonic take Lydia E. Pinkham's Vegetable Compound, made *especially for women*. It helps Nature build up physical resistance, thus helps give more vivacity to enjoy life and assist calming jittery nerves and disturbing symptoms that often accompany change of life. WELL WORTH TRYING!

WNU—12 29—38

HELP KIDNEYS
To Get Rid of Acid and Poisonous Waste

Your kidneys help to keep you well by constantly filtering waste matter from the blood. If your kidneys get functionally disordered and fail to remove excess impurities, there may be poisoning of the whole system and body-wide distress.

Burning, scanty or too frequent urination may be a warning of some kidney or bladder disturbance.

You may suffer nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel weak, nervous, all played out.

In such cases it is better to rely on a medicine that has won country-wide acclaim than on something less favorably known. Use *Doan's Pills*. A multitude of grateful people recommend Doan's. Ask your neighbor!

DOAN'S PILLS

Star Dust

★ *'Scarlett' at Last*
★ *Daddy of Sound*
★ *Delayed Honeymoon*

By Virginia Vale

THE announcement that Norma Shearer will play "Scarlett O'Hara" in "Gone With the Wind" stirred up a tempest in a teapot that is still raging.

Certainly, on the face of things, it does not seem to be the type of role that she does best. "She has no southern accent naturally, so whatever she says will sound phoney," declare the Miriam Hopkins supporters; "She's too sweet and mild," wail the people who wanted Bette Davis to have the part.

—*—

Robert Taylor's New York fans were numerous but not unruly when he spent a short vacation in the city recently. This time he managed to arrive and leave places without hav-

ROBERT TAYLOR

ing his shirt or his shoes torn off. No strange girls were discovered hidden in his suite at the hotel, waiting for autographs. Fans just gathered in crowds outside his hotel and waited for him to appear. And he endeared himself to them by refusing to duck in and out by the freight entrance, and so disappoint them.

—*—

When August Baron died a little while ago the public, in general, paid little attention to the fact. Few people had ever heard of him. Yet he was the first man to take out patents on talking pictures. He did it in 1896 and 1900, but the patents expired before he could get backing. He died, penniless and blind, at the age of eighty-three, without ever having seen a talking picture.

—*—

The Don Ameches were married six years ago, and at the time Don promised his wife a honeymoon in Europe. They started on it just after Don finished his last broadcast of the current season, July 3—flew from Hollywood to New York and set sail on the Queen Mary. And they've planned a honeymoon worth waiting six years for.

Don Ameche

—*—

ODDS AND ENDS—Walter Wanger has announced that he's through with "difficult" actresses; he's let Sylvia Sidney and Madeleine Carroll go, and is grooming Louise Platt for stardom . . . In "The Lady and the Cowboy" David Niven will play opposite Merle Oberon, to whom his engagement was reported a year or so ago—maybe just for publicity purposes . . . Miss Oberon, incidentally, has a grand scheme for dressing simply and well; sweaters and skirts for daytime, white evening gowns at night; she buys them by the dozens . . . Dickie Moore's baby sister is acting with Bette Davis in "The Sisters."

© Western Newspaper Union.

Frosting a Cake for Judges to Sample

A professional cake baker, frosting one of the hundreds of cakes which were made up in the Experimental Kitchen Laboratory, maintained by C. Houston Goudiss in New York City, in the course of selecting the winners in his recent Cake Recipe Contest.

By C. HOUSTON GOUDISS

NATURALLY, I am accustomed to seeing exhibits of delicious and interesting foods in the Experimental Kitchen Laboratory that I maintain in New York City. But in all the years of its existence, it has never been a busier nor a more inviting place than during the last few weeks when the home economists on my staff have been busily testing and judging the many fine cake recipes submitted by readers of this paper in our recent Cake Recipe Contest.

Imagine, if you can, a big cheerful and colorful kitchen filled with long tables upon which row after row of handsome cakes were arranged—proudly testifying to the skill of the homemakers who cherish the recipes from which they were made.

Every Type of Cake Entered.

A whole tableful of white cakes, with and without icing. Chocolate and cocoa cakes of every possible type. All manner of cakes, fragrant and delicious — spice, ice cream, honey, caramel, maple syrup, nut, date, pineapple, orange, lemon, butterscotch, jam, banana, raisin, oatmeal, cocoanut and marble cakes. Cakes baked in long sheets, square cakes, round cakes, layer cakes. Old-fashioned cakes from grandmothers' recipe books. Very modern and up-to-date cakes. And even one that was said to have been a favorite with General Robert E. Lee. I've never seen anything to compare with the collection, even at the biggest State Fair!

Do you wonder that the home economists on my staff required several weeks to pick the winners? For with such a wealth of exceptional cakes from which to choose, selecting those for top honors, was indeed difficult.

The cake bakers were trained for their work. They followed the recipes precisely. They measured accurately. They checked oven temperatures.

The scoring system was highly scientific. And we can say with conviction that no matter how close the race, the winners definitely outpointed even their closest rivals.

First Prize Winner.

The first prize of $25.00 went to Mrs. D. F. Kelly, 1004 Charles St., Whitewater, Wis.

Second Prize Winners.

The five second prizes were awarded to Mrs. H. Harshbargen of 2427 Fifth Ave., Altoona, Pa.; R. A. Williams, 12075 Rosemary Ave., Detroit, Mich.; Mrs. C. A. Burns, Box 788, Oakland, Miss.; Miss Sadie Cunningham, Avonmore, Pa.; and Mrs. Laura Meyer, 107 Pleasant St., Plymouth, Wis.

Third Prize Winners.

Mrs. T. H. Fjone, Flaxville, Mont.; Mrs. Lester Ralston, 127 South Judd St., Sioux City, Iowa; Mrs. Harry A. Kramer, 16 Marin Road, Manor, Calif.; Mrs. F. D. McDonald, Route 1, Amherst, Texas; Vera Tygar, Commodore, Pa.; Mrs. George Ahlborn, R. D. No. 1, Mt. Pleasant, Pa.; Mrs. B. A. Robinson, Box 578, Emmett, Idaho; Jean Guthrie, 4712 Campbell St., Kansas City, Mo.; Mrs. Walter Richter, Bonduel, Wis.; Mrs. P. C. Blakely, Alden, Mich.

Honorable Mention.

Emogene Williams, Damon, Texas; Mrs. Simon Moen, Norma, N. D.; Mrs. Dick Collins, Masonville, Iowa; Mrs. B. F. Herman, Box 1118, Crosby, Miss.; Mrs. Paul Lorenz, P. O. Box 225, Strathmore, Calif.; Mrs. S. S. Arentz, Simpson, Nev.; Mrs. Vida Hilger, Box 257, Rockland, Mich.; Mrs. Grace H. Peterson, Box 335, Amherst, Wis.; Mrs. Cecil Skinner, Bedford, Wyo.; Mrs. Joe Furnace, 317 West Twentieth St., South Sioux City, Neb.

My thanks and my compliments to every homemaker who submitted a recipe. I only regret that everyone who submitted a recipe could not win a prize.

For Warm Weather Comfort
REDUCE
By This Easy, Comfortable Method

Send for the Free Bulletin Offered by C. Houston Goudiss

When the temperature mounts, fat hinders heat loss. The body temperature of the overweight individual is more likely to rise than that of the thin person, and he is therefore more liable to heat prostration.

For greater comfort, better appearance and for improved health, the man or woman who is overweight should send for the reducing bulletin offered free by C. Houston Goudiss, and reduce by the safe and sane method of counting calories.

The bulletin is complete with a chart, showing the calorie value of all the commonly used foods and it contains sample menus that you can use as a guide to scientific weight reduction.

Just send a postcard to C. Houston Goudiss at 6 East 39th Street, New York City, asking for his reducing bulletin.

Neither Crush Nor Bow

A truly great man will neither trample on a worm, nor grovel to an emperor.—Franklin.

KOOL-AID MAKES 10 GLASSES 5¢
BOYS! GIRLS! FREE AVIATION CAPS
ASK YOUR GROCER

A Man of Wealth

A learned man has always riches in himself.—Phaedrus.

If your dealer cannot supply you, send 20c with your dealer's name for a Trial Package of 48 genuine Pe-Ko Jar Rings; sent prepaid.

INSURE A PERFECT SEAL WITH
PE-KO EDGE JAR RUBBERS
United States Rubber Products, Inc.
Room 601, 1790 Broadway, New York
United States Rubber Company

The HOUSEWIFE...
"RESEARCH PROFESSOR OF ECONOMY"

SHE'S not a Ph.D. or an LL.D. She hasn't a diploma or a cap and gown. Her research is not done in the laboratory or the library. As a matter of fact, her findings are made, usually, in the street car, in the subway, in the suburban commuter's train.

She reads the advertisements in this paper with care and consideration. They form her research data. By means of them she makes her purchases so that she well deserves the title of "Research Professor of Economy." She discovers item after item, as the year rolls on, combining high quality with low.

It is clear at once that all who make and keep a home have the same opportunity. With the help of newspaper advertising you, too, can graduate from the school of indiscriminate buying into the faculty of fastidious purchases!

RICHMOND PROGRESS

"The Friendly Newspaper That Runs to Tell The Truth"

Entered as second-lass matter at the Post Office at Richmond, California, March 15th, 1935, under the Act of March 3, 1879

A LEGAL NEWSPAPER

Determined a newspaper of general circulation (as defined by Sec. 4460 of the Political Code by the Superior Court of Contra Costa County, State of California

Harry R. Burt, Editor and Publisher

Published Every Monday at 24 W. Richmond Av., Richmond, California
The RICHMOND PROGRESS is a continuation of and entitled to all the rights of the POINT RICHMOND PROGRESS. Estab. 1933.
Subscription rates: $2.00, the year; $1.25, six months; 75c, 3 mos.

FARLEY SPEAKS

(Continued from Page One)

dition when our party came to power. We find that our national income—that is, the earnings of our people—is up $20,000,000,000 over what it was five years ago. We find our banks pursuing the calm business of receiving deposits from their clients as a contrast to the worried crowds that stormed their doors to get their money out in the period of distress. Nobody now is worrying as to the solvency of these depositories. In fact, nowadays the suspension of a bank is a rare phenomenon. They were toppling like tenpins then.

Not only in the massed income of our people are we better off. What might be described as the plant of the Nation has been improved immeasurably. Thousands of new schools have been built; office buildings for the Government departments have been erected—ranging from the stately structures in Washington and the great cities to the modest post offices in smaller communities. Thousands of miles of new roads afford comfort for the automobile tourists and convenience to farmers in getting their produce to market. Soilerosion preventives in the form of flood-control dams and levees and reforestation have been accomplished by the use of the emergency-relief money and labor.

We can calculate in dollars what these things have cost; we have accurate reports on how many work hours were expended in construction, but who can figure the actual benefits that this work has brought about? We cannot fix the value of the lands saved from sterility by the soil-erosion work. We cannot put into figures how much forest has been saved from fire destruction. No statistician is able to estimate what loss in material values and in life itself has been avoided by the flood-control enterprises, or what the money value is of time saved by the erection of bridges, from the Triborough Bridge in New York to the great spans that crisscross waters in every part of the country.

This is where a large portion of the relief money has gone, and an indication of where the money still to be spent in averting the worst evils of industrial unemployment is going.

In The WEEK'S NEWS

NAZI CAMP OFFICIALS CONVICTED—Five Nazi Camp Officials received fines of $500 each and suspended sentences in a court at Riverhead, N. Y., for violating the State Civil Rights Law. (Left to right) Herman Schwarzmann, Bruno Haehnel, Henry Wolfgang, Adde Bielefeld and Henry Hauck.

GUILDAHL CONGRATULATES CONQUEROR—Ralph Guldahl (left), National Open Champion, congratulates Dick Metz after Metz had defeated him, one up, in the second round of P. G. A. Championship at Shawnee on Delaware, Pennsylvania.

BASEBALL OUSTING CRICKET?—"Doc" Hayden (above with pupil) teaches baseball to young British schoolboys—and believes the day is not far distant when America's favorite game will vie in popularity with cricket. He teaches by actual diamond practice and by study of the official American League baseball movie, which is distributed by the Fisher Body Division of General Motors to baseball groups throughout the world.

GIANT TANKER LAUNCHED—The S. S. "Robert E. Colley," new 10,500-ton Atlantic Refining Company tanker, leaves the ways at Chester, Pa. The latest addition to the Atlantic fleet and her sister ship the "J. W. Van Dyke," launched last November, are the world's largest welded ships.

NEW AND OLD EXALTED RULERS OF ELKS—Dr. Edward J. McCormick (left), the new Grand Exalted Ruler of the Elks, receives the congratulations of Major Charles S. Hart, of New York, retiring Grand Exalted Ruler, at the National Convention held at Atlantic City.

STYLE FOR SWIM SUITS—Jean Parker, star of "Romance of the Limberlost," sets the style with this four piece print dressmaker swim suit. A beach coat, sun hat and bag complete the outfit.

"Unbeatable Combination"

A perfect wife to cook your meals and a perfect grocer—

WHITESIDE'S

to furnish the groceries for your wife.

155 West Richmond Ave. ● Phone Rich. 985

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STORE FOR MEN

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The Point Richmond Contractor

Carpenter ● Builder

Plans and Estimates Cheerfully Given to Interested Parties

55 Park Place—Phone R-3456

LIBERTY MARKET

110 Washington Avenue ● Tel. Richmond 1346

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GROCERIES — FRUIT — VEGETABLES
MEAT — DELICATESSEN
LIQUOR — BEER — WINE

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QUESTION—
Where can I take my wife and Family to Eat?
ANSWER—
Take them to the prettiest Dining Room on The Point.

EAGLE CAFE

57 Washington Avenue

Phone Richmond 1104

Dinners 50c

Sundays 50c

Grand Garage

130 STANDARD AVE.

Complete Auto Repair

Battery & Tire Service

100% Standard Gas and Oils

Phone . . . . Richmond 1356

John Zacharias ● Ed Wendl

PHONE RICHMOND 430

RICHMOND BEVERAGE COMPANY

G. B. SANTA ROSA BEER

Grace Brothers Famous Brew "HAS THE FLAVOR"

22nd St. off Macdonald ● Richmond, Calif.

DAY AND NIGHT SERVICE

COMPLETE SERVICE

In our Funeral Home there is strict adherence to every anticipated need. The comfort and dignity you find here is not governed by the price you pay.

DAY and NIGHT AMBULANCE SERVICE

WILSON & KRATZER

SEVENTH & BISSELL ● Telephone RICHMOND 113

Drink Milk for Good Health—

Milk is acknowledged the best Health Drink in America. Richmond folk can be sure that American Creamery Milk is highest standard of purity blood-building vitamin content, handled with most sanitary equipment under strictest supervision.

American Creamery Company

262 FIFTH STREET PHONE RICHMOND 262

Candidates Campaign for Primary Election, August 30th

Progress Happy to Present News Of Aspirants for Public Office

As the campaign continues until the primary election is held on August 30th 1938, the RICHMOND PROGRESS wishes to thank those candidates who have the sincere regard for readers of our newspaper to publish their announcements and campaign news with us.

Whatever may be said for the candidates whose names and pictures and write-ups appear in the PROGRESS they all have one thing in common and that is an honest and sincere appreciation of the part the local newspaper plays in the life and affairs of the city- county, state, and nation.

For this reason we bespeak for each and every one your earnest consideration of the recital of their qualifications.

For our part we will try to be fair. Obviously, when there is more than one aspirant for the same office, like yourselves, we can vote only for one.

Nevertheless they are all good fellows or their ads would not be in this paper. And we sincerely hope for a good, clean, fair race in all contests..

May the best man win;and we will all shake hands, winners and losers after the election, and go forward in the hope and expectation of good government.

Read the Progress

RE-ELECT

FRANCIS P. HEALEY
Candidate for
DISTRICT ATTORNEY
Contra Costa County

Francis P. Healey, district attorney of Contra Costa county. Born in Crockett, raised in Contra Costa county, graduate of St. Mary's college, practicing attorney in Richmnd for several years.

Prior to entering practice, Mr. Healey was employed as county traffic officer. He became a candidate for office of D. A. four years ago at solicitation of a number of taxpayers throughout the county who were interested in economical and efficient operation of D. A. office.

In the past four years he cut the operating expenses of his office on an average of $10,321 per year. This was in spite of the fact that all county employees got restoration of previous voluntary wage reductions in 1936. He added two deputies, too.

On the record also: seventy-nine per cent of the persons who came before the superior court during the past four years on criminal offenses pleaded guilty. This saved plenty of dough. Of the rest, he convicted 18, or rather the juries did. Insufficient evidence, when cases should never have come to trial or development later brought to light information not known at time of indictment, cause release of 50 persons. Only 11 were acquitted.

One of the outstanding cases involving the county was the American Toll Bridge case. The county already had received $135,176.94 from the bridge outfit, with $85,855.55 still due. You know the history: Carquinez and Antioch bridges owed the money to Contra Costa, Solano and Sacramento counties. It represents two per cent of the gross receips of Carquinez and Antioch bridges as provided for in the franchise given the company by the boards of supervisors.

RE-ELECT

SHERIFF JOHN A. MILLER
Candidate for
SHERIFF
Contra Costa County

Mr. and Mrs. York at Home

Mr. and Mrs. Richard York are at home at 205 Bishop avenue after their marriage in Saint Mary the Virgin Episcopal church in San Francisco last Sunday afternoon.

Mrs. York was the former Anita Mesner Borland, widow of the late John Hay Borland of Point Richmond.

The bride was attired for the ceremony in a blue suit with accessories to match. She was attended by Mrs. John Griffin of Nichol avenue, a close friend and her niece, Miss Ann Miner, also of the Point.

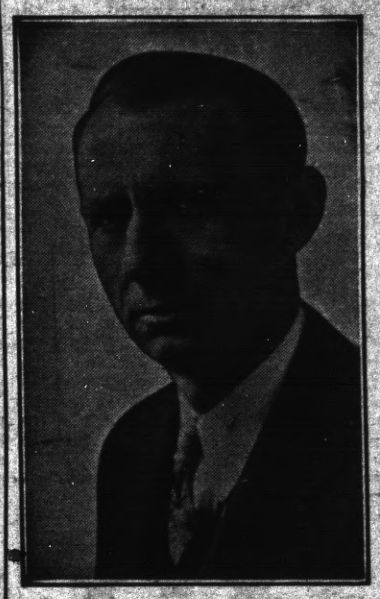
The grooms father and mother and other relatives of Monterey were the only guests.

Continued on Page Ten

ELECT

FRANCIS W. COLLINS
Candidate for
ASSEMBLYMAN
Tenth Assembly District

RE-ELECT



JAMES N. LONG
Candidate for
COUNTY SUPERVISOR
Contra Costa County
First Supervisorial District

DR. ABBOTT FOR CORONER

The Progress is happy to bring the news to our readers this week that our friend and subscriber, Dr. C. L. Abbott has consented to become a candidate for re-election to his present post of county coroner in the elections to be held this year.

Point Richmond has been the home of many a distinguished citizen. We know of none who has been accorded the universal friendship and acclaim that Dr. "C. L." has so well merited.

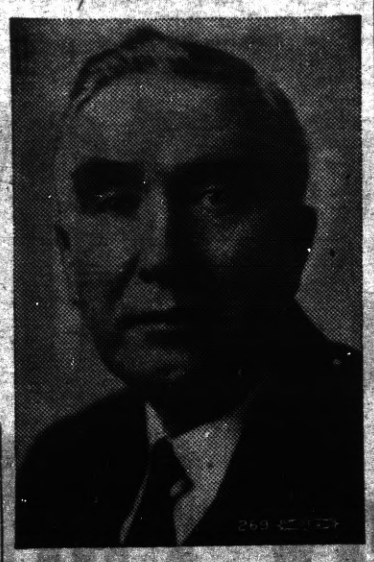
Since the year of 1900 when he came here as a young medico from Heidelberg University in Ohio his rise in his chosen profession has culminated in his recognition as one of California's topflight physicians and surgeons. Dr. C. L. Abbott is this week one of the hosts to the 7,000 doctors of the American Medical Association Convention being held in San Francisco.

Before the war, from 1906 to 1917, he was our Contra Costa County coroner, leaving the post which he had so capably filled only because of his desire to serve his country, which he did, both here and with the American Expeditionary forces in France.

Returning from the world war the neccessities of his large private practice precluded his again accepting the position as coroner; and only recently was he prevailed upon to accept appointment to the post.

In subsequent issues of this newspaper we will give in more detail Dr. Clark Lorenzo Abbott's enviable record.

Let it suffice at the outset to state that the RICHMOND PROGRESS, in consonance with the wishes of the people of this city and county, pledges our complete support to retain him in his position as county coroner.



DR. C. L. ABBOTT
Popular and capable coroner of Contra Costa County who filed for re-election today.

Honest • Capable • Courageous

The peace, safety, and moral welfare of a community depend primarily upon honest, efficient, sane and decent law enforcement, administered in a manner that commands the respect of the people for law and order. and, likewise, their respect for public officials responsible for the adminstration of the law.

Upon the shoulders of the Sheriff of this county rests the responsibility of preserving law and order, apprehending those who violate the law and taking leadership in crime prevention. To command the respect of his constituents and maintain an era of good government, the Sheriff himself, must have respect for such law and order and stand as a bulwark against intrusion of lawlesss elements bent upon disturbing the well-being of self-respecting, law-abiding people.

WORLD WAR HERO

Anthony Reggiardo is a man of unquestionable integrity. As a soldier with the A. E. F. he received the Distinguished Service Cross as a reward for valor and devotion to his country. Relative to the stressful circumstances where he earned this high honor, the following quoted from General Order No. 98, War Department, 1919, is presented:

'Near Waereghem, Belgium, October 31, 1918, Corporal Anthony Reggiardo, Company 'K', 363rd Infantry, 91st Division..... voluntarily went forth with his squad to combat a hostile machine gun nest which had held up the advance of our companies After the squad leader had been killed, he took command, and directing a heavy fire of Automatic Rifle and Rifle Grenades, he drove back advance enemy posts and cleared a path for the further progress of his company."

CHIEF ENFORCEMENT OFFICER

....For the past five years he has occupied the position of law enforcement officer in the service of the California State Board of Equalization, for the county of Contra Costa. His career in this capacity has won for him a high standing in the County and the State as an efficient law enforcement officer, unafraid to administer his duties in restraining those who wonld flout the state liquor laws.

ANTHONY REGGIARDO

When Mr. Reggiardo assumed the office of chief enforcement officer of the county he made his position clearly known to all, relative to liquor law enforcement.

Born in Martinez 43 years ago. Descendant of pioneer family. Lived in county all his life.

Undramatically, but with an understandable emphasis that traversed the county, he issued a mandate that the laws were to be observed, and that he would see to it that they were observed and adhered to by everyone engaged in the liquor industry. Known to be a man of his word, and one to back his word with action, his authority has been respected with the result that Contra Costa County is considered one of the counties in the State in which the liquor laws are strictly enforced.

ELECT REGGIARDO SHERIFF

Courageous, honest and able, Anthony Reggiardo, as sheriff, can be depended upon to conduct the office in a dignified and business-like fashion. There need be no fear of him shirking his duties or engaging in pursuits contrary to the community,s concept of becoming conduct. His authority will be respected just as it has been as chief liquor law enforcement officer.

It is their confidence and faith in Anthony Reggiardo to serve honestly, intelligently and efficiently, that has rallied hundreds of leading citizens from all parts of the county and representatives of all walks of life to the campaign to elect him sheriff. They are aware of his worth as a leader in veteran affairs, civic and social activities and the public life of the county.

The REGGIARDO-FOR SHERIFF CAMPAIGN COMMITTEE is composed of supporters from the ranks of labor, business, industry, veterans, religious and civic organizations of the county. A

VOTE FOR ANTHONY REGGIARDO WILL BE A VOTE FOR CLEAN, HONEST, and EFFICIENT LAW ENFORCEMENT.

Anthony REGGIARDO for Sheriff

Tandy Heads Builders.

George Tandy, Richmond business man, was named president of the Richmod Builders Exchange last night when the group met at the Exchange hall.

Tandy was re-elected to serve the ensuing six months by the board of directors

Chester Mero was re-elected vice president and R. B. Johnson was re-elected secretary and treasurer.

Miss Eileen Cunan, popular daughter of Mr. and Mrs. George Cunan of Nevada avenue, is expected home shortly from her vacation at Camp Taylor.

1933 Sew Club Meets

Next meeting of the 1933 Sewing Club will be held at the home of Mrs. J. A. Hendricks on West Richmond avenue. At the usual hour on tomorrow, Tuesday, July 26th.

Vacation at Tahoe

Miss Evelyn Payne of West Richmond avenue, the very popular secretary of the Richmond branch of the American Trust Co. left last week for her vacation at Lake Tahoe.

KNIGHTS OF COLUMBUS

A comprehensive plan of activity has been mapped by the entertainment committee of the Contra Costa Council, Knights of Columbus, including the raffle of a radio on August 22d; a raffle for football tickets to be announced later; and tentative plans have been made for a charity ball in the fall. Eldo Canonica is chairman of the entertainments committee.

★★★★

As President Roosevelt has

RE-ELECT

HAROLD F.

SAWALLISCH

ASSEMBLYMAN
CONTRA COSTA COUNTY
PRIMARY ELECTION
August 30, 1932

A practicing attorney in Richmond, who grew up in this county, and who, as a day laborer, worked his way through night law school, receiving his degree.

Co-author Old Age Security Act. Leader of fight to eliminate bridge tolls. Chairman, Assembly Interim Committee on Motor Vehicles. Member, California Commission on Inter-Governmental Cooperation. Member State and Contra Costa County Bar Associations.

KEEP YOUR FRIEND IN THE ASSEMBLY

Your Support and Vote Will Be Deeply Appreciated.

Primary Election, August 30, 1932.

★★★★

COMING EVENTS

Our Lady of Mercy Whist

Regular monthly whist of Our Lady of Mercy Church will be held in the parish hall on Friday August 5th. Mrs. Marion Downey and Mrs. Lester O'Connor are on te committee which will insure its success. There will be many political candidates present. Score cards are 50 cents.

Central Methodist Dinner

On Thursday, July 28th, at 6:30 the good ladies of the Central Methodist Church, Roosevelt at 20th, will offer a delicious dinner for only 50 cents. Open to the public it is probable that many candidates will be there. A large crowd is expected to attend.

St. Paul's Whist

On Friday, July 29th, a Candidates Whist will be held for the benefit of St. Paul's Church at San Pablo. Mrs. Manuel De Serpa and Mrs. Mary Cahoon are the committee in charge. Score cards are 50 cents.

YOUNG MEN'S INSTITUTE

On Thursday night, August 4 Charles Ryan and Pete Travalini will put on their world famous corn beef and cabbage dinner for the Y. M. I., Burke Council. It will be Old Timer's Night. On August 28th a big picnic and dance will be held on the old Garden City Show Boat at Eckley. Bob Bryant is the general chairman of this event.

YOUNG DEMOCRATS

Current issue of the "Richmond Young Democrat," monthly, features the fact that a great Candidates Ball will be held in Memorial Hall on August 27th, just preceding the election on August 30 th.

Admission is only 25 cents and since the Young Democrats always put on the biggest dances hereabouts, it is expected a good crowd will be in attendance.

Other activities: Young Democrats will shortly show the moving picture "Plow That Broke the Plains" in Richmond; they may also sponsor a "Town Meeting" dealing with the topic of store closing and store closing ordinances.

Area of Turkey

Turkey has a total area of 294,492 square miles of which 9,257 are in Europe and 285,231 are in Asia.

FRANK and JIGGS at

THE BASE HIT

Grace Bros. Beer
Fine Wines & Liquors

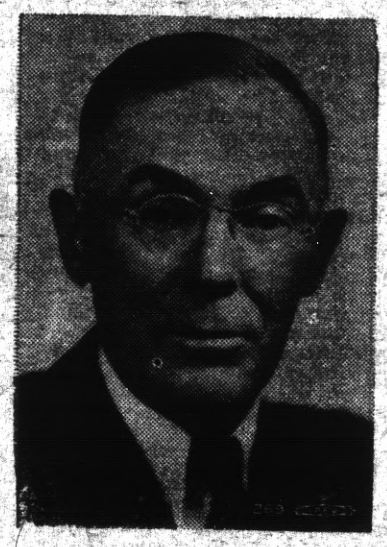
512 MACDONALD AVE.

ELECT

DANIEL F. HURLEY
Candidate for
PUBLIC ADMINISTRATOR
Contra Costa County

Faithful Service
Efficiency
Merit Recognition

VOTE FOR



The office of Tax Collector of the County of Contra Costa is an important department of the county government. It is imperative that the office be administered efficiently and well, as through this department is collected the funds that flow into the county treasury to carry on the affairs of government.

The incumbent, S. S. Boyd, had been the chief deputy for 18 years, until his appointment as tax collector a few months ago to fill the vacancy created by the death of the then head of the office.

Sam Boyd has been a resident of this county for 25 years. An accountant by training, he has been able to give to the office expert knowledge in the handling of finances and the accounts of the office. He is deserving of your support in the primary election on August 30th.

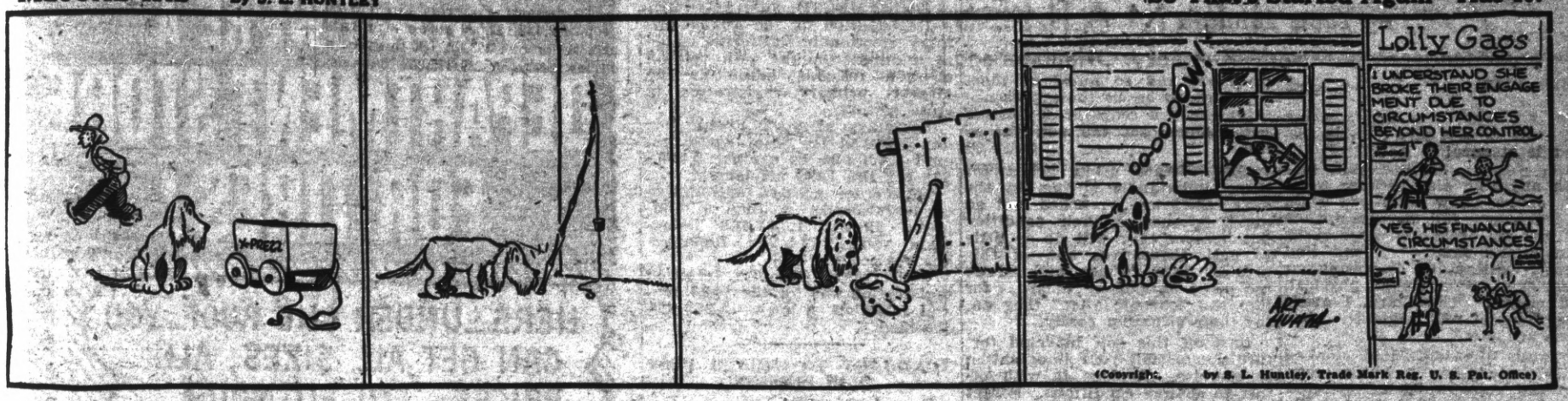
S. S. BOYD

FOR Tax Collector

AS COMIC ARTISTS SEE THE WORLD

MESCAL IKE By S. L. HUNTLEY

So That's Started Again—Has It?



FINNEY OF THE FORCE By Ted O'Loughlin

No Sales Resistance

'KEEPING UP WITH THE JONESES' — The Heat Is Still on Eddie

By POP MOMAND

S'MATTER POP—A Fellah Just Can't Believe It!

By C. M. PAYNE

WILLING HELPERS

"I suppose it's up to me to tell my wife everything I done while she was away."

"Haven't you any neighbors?"

Why Cops Get Gray

It happened in Chicago: At a busy corner a traffic officer saw an old lady beckon to him. He held up two dozen cars, trucks and taxicabs to get to her side and inquire, "What is it, ma'am?" The old lady smiled and put her hand on his arm, "Officer," she said in a soft voice, "I just want to tell you that your number is the number of my favorite hymn."—New York Post.

Depends

Tommy—Is it really lucky to have a black cat follow you?

Mr. Smith—Well, it all depends whether you are a man or a mouse. —Safe Driver.

Surface-Stains on Teeth Yield to Pepsodent with IRIUM

BOTH Pepsodent Tooth Paste and Powder contain Marvelous Irium

● There's a reason why Pepsodent can make your teeth glisten and gleam as they naturally should! The answer? Irium, that remarkable new cleansing agent found in Pepsodent *alone* of ALL dentifrices!

Once you've used this new-day dentifrice you'll see for yourself how much more effective it actually is! You'll see how Pepsodent—thanks to wonderful Irium—gently brushes away cloudy surface-stains . . . how it polishes teeth to a dazzling natural brilliance! . . . And Pepsodent works SAFELY! It contains NO BLEACH, NO GRIT, NO PUMICE! Try it!

HARMONY OF BODY MIND AND SPIRIT
By Tanix Tanagra

SELF PITY

If you find you are wearing the cloak of self pity . . . do discard it at once!

One cannot confuse self pity with anything else because every one of us know when we begin to feel sorry for ourselves .when we feel we are being deserted by friends and family . . and find ourself continually discussing our miseries . . material, physical, and mental. There are, I grant you, cases of real neglect . . but these are few.

Usually the individual cloaked in self piety lets a whine creep into the voice which is reflected in the facial expression. A smile or a cheerful word or interest in others seldom escape them. They immerse themselves in mental baths of piety and wrap great folds of gloom about themselves.

People find no interest, stimulation, or inspiration, in these individuals and so hurry by them . . since to be in their presence brings only a sense of depression which shuts out the sunlight of life.

One's heart often aches for these individuals sitting in the dark shadows . . aches not so much because of their condition but because they will do so little to pull themselves out of this mental state. Cheer and advise too often antagonize them . . for like the "chronic ailer" they enjoy their situation really.

Cast off this self inflicted torture you permit your imagination to exercise. Replace it with effort to change conditions. Forget yourself and think of others. Take a more cheerful attitude. Realize that all of us have problems of our own to solve. Get in step and stride along with those who meet life bravely and glory in the march of life . . a new world awaits you!

RICHMONDITES ABROAD

(Items gathered from our exchange list of various papers in California.)

LODI, Calif., July 9.—Mr. and Mrs. David Pinkerton and Velma Pinnerton of Richmond were week-end guests of Mrs. Lou Coil.

GRASS VALLEY, Calif., July 6.—Mr. and Mrs. Bill Hoskins of Richmond, who have been visiting with Mr. and Mrs. Francis Cose and family over the recent week-end have returned to their home, accompanied by "Bill" Cose, who will continue treatments at Stanford Hospital, following a resent mastoid operation.

ATASCADERO, Calif., July 8.—Mr. Frank Smid, of Richmond spent the week-end at the home of Mr. and Mrs. Max Frischman. He was accompanied home by his wife and daughter who have been visiting several weeks at the Frischman ranch.

WATSONVILLE, Calif., July 9.—Mr. and Mrs. Arthur E. Thomas of Richmond, formerly of Watsonville, are receiving congratulations upon the birth of a daughter, Laura May, who arrived July 6.

RECORD REGISTRATION FOR CALIFORNIA SEEN

SACRAMENTO, July 21—(UP)—Registration for the August primary election in California ended at midnight tonight with veteran election officials predicting the largest primary registration in state history.

Secretary of State Frank Jordan believed the total would exceed 3,200,000 as against 3,096,829 for the 1936 primary.

Democrats greatly outnumbered Republicans. A June 6 tabulation showed 1,746,166 Democrats and 1,113,734 Republicans registered.

California's greatest election registration was for the 1936 general election when 3,253,821 qualified.

AUXILIARY TO IMBACH POST HAS SESSION

Past Presidents Night was held last evening by George F. Imbach Auxiliary at a session held in Memorial hall.

Mrs. Mahle Davis, past president, presided. Other past presidents in attendance included Mrs. Alice Newcomb, Mrs. Rhea Hunt, Mrs. Ann Zurilgen and Mrs. Bessie Butler.

During the business meeting plans were made for a candidates' whist to be held on August 4. Mrs. Mabel Davis will be in charge and she will be assisted by Mrs. Lela Urquhart, Mrs. Jessie Mayers, Mrs. Margaret Summers, Mrs Bessie Butler and Mrs. Pearl Anglim.

A pair of pillowslips will be awarded during the party; proceeds of the sale of tickets will be used to purchase books for veterans at the hospital.

A pot-luck dinner will be enjoyed by the group, August 18. Mrs. Mary Grierson, Mrs. Maude Howeth and Mrs. Hosea Cecil will be in charge.

Mrs. Viola Magart and ommittee served refreshments last night.

WILLIAMS, Calif., July 8.—Albert Waring of Richmond spent the double holiday at the R. F. Pouch home. He is a student at the Affiliated Colleges in San Francisco.

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